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PAGE 14

WHAT WE LIKE ABOUT HUGH

GO FROM WUSS TO WOLVERINE WITH HUGH JACKMAN'S WORKOUT



PAGE 21

Free Child's Admission to the Edmonton Valley Zoo



At Participating Boston Pizza's



Brothers Dalin Torresan, 17, left, and Logan Torresan, 14, are seen in this Facebook photo. The pair died Monday when the car they were travelling in was involved in a collision with a pickup truck on Highway 16 east of Edmonton. FACEBOOK.COM

Teen brothers killed in crash on Highway 16

Investigation continues.

Alcohol, speed not considered factors, according to RCMP



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Two brothers are dead following a two-vehicle crash Monday afternoon east of Sherwood Park.

Dalin Torresan, 17, and Logan Torresan, 14, were travelling together in a 1996 Saturn SL1 Sedan northbound on Range Road 213, near Elk Island National Park, when their vehicle collided with another upon entering Highway 16 at approximately 12:40 p.m., said Strathcona County RCMP Const. Wally Henry.

"The preliminary inves-

tigation indicates that they stopped at the stop sign ... and entered Highway 16 and (were) struck broadside by a GMC pickup truck on the driver's side of the vehicle," said Henry.

Both were pronounced dead on scene, he added, noting the 54-year-old driver of the truck, from Willingdon, Alta., was taken to hospital with non-life-threatening injuries.

Henry said the brothers were residents of rural Strathcona County, and their Facebook pages indicate they attended school at Ardrossan Junior and Senior High School.

"This is just a tragic situation. We can't imagine how (the family) feels, and our hearts go out to them," said Henry. "This family is devastated."

Both boys were members

of the Edmonton Extreme Armwrestling Club and were invited, along with their father Dean Torresan, to the World Armwrestling Championships last fall.

The club is cancelling practice Tuesday evening in light of the incident, according to a post on the Alberta Armwrestling Facebook group.

Strathcona County Traffic Services and an RCMP Collision Analyst were on scene Monday investigating.

Alcohol and speed are not considered to be factors, said Henry.

"It was raining out, but did that play any part in the collision?" he added. "We're not sure yet and we may never know that."

"But we'll be ... (trying) to find out what happened leading up to the collision that took these young boys' lives."

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Code talk

Police to keep using 10-codes

As police agencies across the country consider replacing 10-codes with plain language, the Edmonton police service says it has no intentions of dropping the code words.

While 10-codes have been used by police forces for decades, they are not standardized across Canada.

Staff Sgt. Rein Tonowski with the Edmonton Police Service said the reason there is even a discussion around scrapping 10-codes is because of interoperability.

"We all need to speak the same language," he said.

Tonowski said while policies need to be revisited on a regular basis, at this time EPS officers are able to communicate clearly with 10-codes.

In the most recent issue of the RCMP's official magazine, the Gazette, three officers from across the country offer their perspective on dropping 10-codes to promote better inter-agency communications.

In her column, Sylvie Corriveau, with the RCMP, states, "The usefulness of 10-codes no longer applies to modern policing, and I'm of the belief that police agencies should drop them."

Corriveau says 10-codes have slowly morphed and as such the non-standardized codes may jeopardize the safety of RCMP officers and the public.

The Hamilton Police Service transitioned from 10-codes to plain language earlier this year while the Lethbridge Regional Police Service began using plain language in 2007.

ANNALISE KLINGBEIL/METRO



Riverdale, seen from downtown Edmonton, lies partially in a flood fringe area and would require mitigation measures to lower the risk of flood damage, under the province's new rules. DARREN KRAUSE/METRO

City fares well in flood prevention: Officials

Provincial plan.
Edmonton aligns with many new flood rules



RYAN TUMILTY
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The city has already taken many of the steps the province is looking for as part of a flood mitigation strategy, but city officials don't yet know how the province's plan will impact Edmonton.

The province announced Sunday that Alberta municipalities would have to ban all development in high-risk floodways and put mitigation measures in place for moderate-risk flood fringe areas.

Parts of Riverdale, Cloverdale and Rosedale fall within the flood fringe area and would need to have mitigation work done under the province's new policy.

Peter Ohm, manager of sustainable development, said the city already requires homes in those areas to take

preventative steps including elevations reports and engineering reports showing how the home's flood risk was reduced.

"We have got general alignment. We will just have to understand if they need us to put something more in place," said Ohm about the province's new rules.

He said they were still reviewing the province's proposals, but the city doesn't require notification on building titles when a home is in a flood fringe and the province appears to want

that step.

"Some of the stuff that was released today we have a good head start on that," said Ohm.

Coun. Kim Krushell said the city is still studying the province's proposals.

Proposed funding for flood mitigation solutions in neighbourhoods near the river could be helpful, she said, but there are still many unanswered questions.

"It depends on what the solution is and how much we are talking about," she said.

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Alberta RCMP to show the sky is not the limit for speeders

Aerial enforcement.

Mountie tag team will have their eye on you from above and below



ANNALISE KLINGBEIL

annalise.klingbeil@metronews.ca

Next time you're speeding down the highway, look up — way up.

RCMP officers will be nabbing speeders from the sky as aircraft enforcement is reintroduced this summer.

Officers in helicopters and airplanes will also be on the lookout for unsafe driving practices, including following too close, unsafe passing and impaired driving.

Using a clipboard, two stopwatches and a simple formula, an officer in an aircraft is able to tell who is speeding by monitoring vehicles as they pass yellow bands painted on Alberta's highways.

"You start your stopwatch

Eye in the sky

25

The number of trained aircraft observers in Alberta, consisting of RCMP officers and sheriffs.

and after they've crossed at least two bands, you stop your stopwatch and then it's time over distance equals speed," said Supt. Howard Eaton with K Division Traffic Services.

Once an officer in an aircraft has calculated a driver is speeding, they radio an officer on the ground.

"He describes the vehicle, and usually the plane will stay right with the vehicle until the intercept vehicle pulls it over and they confirm it's the right vehicle, and then the plane will turn around and go find someone else," Howard said.

He add that when a motorist is stopped for speeding and told an aircraft was involved, a typical reaction is one of both surprise and excitement.



Alberta's RCMP and Sheriff Integrated Traffic Services has announced the resumption of its Aircraft Traffic Enforcement Program. METRO FILE



The Calgary Zoo's penguin facility has its first little one, after a chick hatched July 7. COURTESY CALGARY ZOO

Zoo welcomes first-ever penguin chick

The Calgary Zoo has announced the successful hatching of their first gentoo penguin chick since the opening of the Penguin Plunge in 2012.

The egg was first laid May 31 by two-year-old Giselle and eventually hatched July 7 just after 1 p.m.

"This is such a wonderful announcement to be able to make in the face of current challenges

the zoo is dealing with from the flood," said Malu Celli, curator for the Penguin Plunge. "It shows the resiliency of nature and that life continues in spite of those difficulties."

New parents Giselle and 18-year-old gentoo Lachlan were single birds when they arrived at the zoo over a year ago, but paired up over the winter. The couple and the chick

have been monitored closely by zoo staff since the chick was hatched last week.

Damage at the zoo has so far been pegged at \$50 million, with another \$10 million in lost revenue. Almost 290 seasonal and permanent staff have been laid off.

It's expected to take five months before the facility can fully reopen. METRO

Flood fallout

The zoo is located on St. George's Island east of downtown and was swamped by floodwaters from the swollen Bow and Elbow rivers. Forty buildings, including the African Savannah exhibit, were severely damaged.

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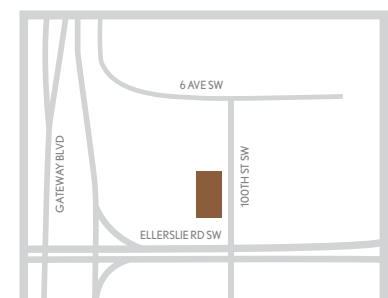
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Housing. Rich people with flood-damaged homes buying new ones: Realtor

Last month's record floods are driving up demand for homes as both displaced millionaires from posh neighbourhoods that were flooded and former renters jump into the market, Calgary realtors say.

"What I've been seeing is a crazy amount of activity, as far as buyers go," said Thomas Keeper of Tink International Real Estate.

Wealthy neighbourhoods along the Elbow River were among the areas hardest-hit by the flooding, prompting some homeowners, whose properties will take at least several months to repair, to buy homes elsewhere in the meantime.

As a result, multimillion-dollar homes that would ordinarily take a year to sell are being snapped up for about 10

per cent more than they normally would within a matter of weeks, Keeper said.

Ann-Marie Lurie, chief economist at the Calgary Real Estate Board, said whether home values in flooded areas drop may depend on whether the city builds berms or dikes to keep the water out next time the rivers spill their banks.

"In a lot of those centres when they have done this type of work, valuation has fully recovered," she said of past cases involving flood-prone cities.

Lurie said the housing market was tight before the floods — both for renters and buyers. Now, interest may be piqued in bedroom communities outside of Calgary, such as Airdrie to the north.

THE CANADIAN PRESS

Music found to reduce kids' pain

Soothing sounds.

Researchers look at reactions in Stollery ER



RYAN TUMILTY
ryan.tumilty@metronews.ca

Music can soothe the savage beast, and apparently it can also ease a sick toddler's pain.

New research from the University of Alberta published Monday shows when children listen to music during a medical procedure they feel less pain.

The research was done at the Stollery Children's Hospital emergency room and measured the experience of 42 kids who had IVs placed in their arms as part of their treatment.

The group was split in half and the kids who listened to music during the procedure reported feeling less pain.

"We naturally try and distract our children from potentially stressing or painful procedures. I think this really provides scientific evidence that this does in fact work," said Lisa Hartling, who led the research.

The children were not the only ones reporting an easier time, as health-care provid-



Researcher Lisa Hartling works at her office at the university. A team Hartling led recently observed a marked decrease in pain children experience when they are distracted by music. RYAN TUMILTY / METRO

Quoted

"We naturally try and distract our children from potentially stressing or painful procedures."

Researcher Lisa Hartling

to look at that in future research.

"We found that there was

a difference; we don't know exactly what the mechanism is," she said.

Cabinet changes

Ambrose moved to health portfolio

Local MP Rona Ambrose was given a new assignment Monday as Prime Minister Stephen Harper shuffled his cabinet.

The Edmonton Spruce Grove MP moved from minister of public works and government services to the health portfolio.

METRO

MORE ON THE CABINET SHUFFLE ON PG. 10

ASIRT investigation

Police officers won't be charged in 2012 incident

Following an investigation, the Alberta Serious Incident Response Team (ASIRT) has concluded no charges will be laid as a result of two Edmonton police officers' involvement in a September 2012 altercation.

ASIRT was assigned by the Alberta Director of Law Enforcement to investigate the actions of the two police officers. METRO

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Calls for Senate VP to resign after racial slur



In this file photo taken in 2011, Senate vice-president Roberto Calderoli reacts during a press conference in Rome. THE ASSOCIATED PRESS FILE

Italy. Anti-immigration group leader compared black minister to 'orangutan'

Calls mounted Monday for the Senate vice-president to resign after he compared Italy's first black cabinet minister to an orangutan, with the Italian premier lamenting that the country had been "shamed" by such insults and demanding they stop immediately.

Roberto Calderoli, a leader of the anti-immigrant Northern League, has insisted he was only joking when he made the "esthetic" comment about Cécile Kyenge at a League rally last weekend. He told the Corriere della Sera newspaper on Monday that he compares all his colleagues to animals and that what he says at a political rally shouldn't have any bearing on his work as the Senate No. 2.

Kyenge, a Congolese-born eye doctor, has been insulted with racist slurs from the Northern League ever since she was named integration minister in April. One Northern League politician has called her a Congolese "monkey," while another has said she deserved

On Facebook

League official Matteo Salvini chastised Italy's respected president for coming to Kyenge's defence after Calderoli's insult, essentially telling him to keep quiet.

- By Monday afternoon, the comment had received more than 850 "likes."

to be raped.

Kyenge responded to Calderoli's latest insult by saying it's not for her to demand his resignation but for Italians to reflect on the merits of public office-holders.

Premier Enrico Letta, though, told League leader Roberto Maroni to put an end to the slurs from within his party ranks.

"I think we've had enough shame so far," Letta said, noting how the story has been playing internationally.

Letta's Democratic Party has called for Calderoli's resignation, as have a few ministers. The president of the Senate, anti-Mafia prosecutor Pietro Grasso, has called Calderoli's comments "racist verbal aggression." THE ASSOCIATED PRESS

Quoted



"We have to use messages that don't instigate violence.... Surely it's not my job to respond to violence with violence."

Immigration Minister Cécile Kyenge, as quoted by the ANSA news agency during a rally in Pescara

Bedouin Arabs

Demonstrations against Israel's resettlement plan

Hundreds of protesters have staged demonstrations in Israel against a plan to resettle nomadic Bedouin Arabs in the southern Negev desert.

Rights groups are fighting a bill that would move thousands of Bedouins into government-recognized

villages. Bedouins charge the plan would confiscate their land and destroy their way of life. Israel says the moves are necessary to provide basic services that many Bedouins lack.

The largest protest was in the city of Beersheba. Police say some 700 people protested and 14 were arrested after a group blocked a road. Also, police say eight were arrested in northern Israel after throwing rocks at police.

THE ASSOCIATED PRESS



A protester holds a Palestinian flag during a demonstration against Israel's plan to relocate nearly 30,000 Bedouins from the southern Negev desert, in Tel Aviv, Israel, Monday. ARIEL SCHALIT/THE ASSOCIATED PRESS

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PUBLIC LECTURE

TOPIC: Why 'Bad' things happen to 'Good' People

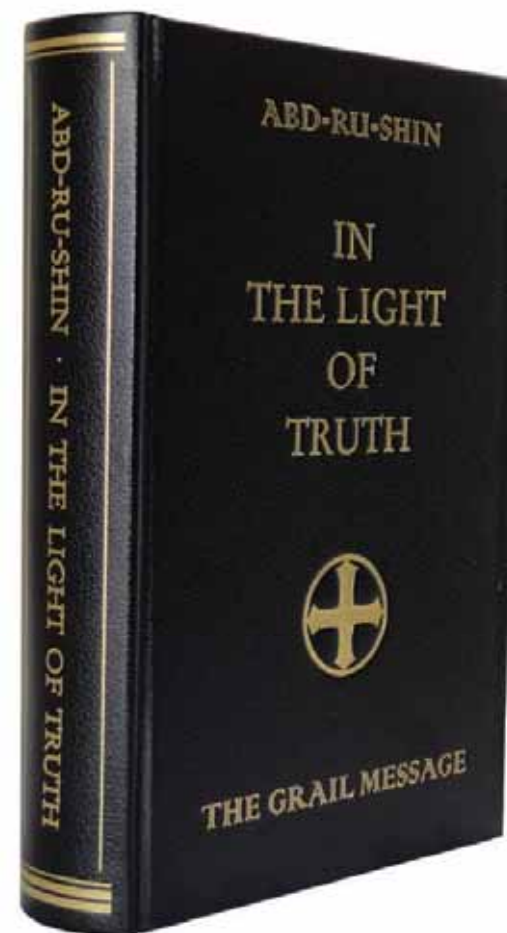
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Manitoba flood

Evacuees' hotel to close after owner says cash denied

A Manitoba hotel is being forced to close and evict dozens of 2011 flood evacuees over \$3 million in unpaid bills. The Manitoba Association of Native Firefighters has been given millions to care for evacuees, but Mike Bruneau, owner of Misty Lake Lodge, said the group hasn't paid him since he accused it of squandering money months ago.

THE CANADIAN PRESS

Nine months old

Baby left alone in sweltering car

Police say a group of angry people confronted the father of an infant girl who was left in a hot car parked in Oakville, west of Toronto.

Authorities say the baby was left unattended Sunday for about 10 to 15 minutes. Police say she was seen crying and sweating profusely but is OK. **THE CANADIAN PRESS**

And the lawsuits begin

Lac-Mégantic disaster. Mourner, café owner set for first class action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multi-million-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagné, who owned the Musi-Café bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagné's employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the

Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than \$10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company's parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

"I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages," said Bradley Cosgrove, a partner at Clifford Law Offices. **THE CANADIAN PRESS**



A fireman drives by a charred car on Monday on the site of the train-crash explosion in Lac-Mégantic, Que., that killed an estimated 50 people. A class-action lawsuit motion has been filed just over a week since the incident.

JACQUES BOISSINOT/THE CANADIAN PRESS

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Haligonians won't stand for Chris Brown concert

The promoter of an upcoming Energy Rush concert at Alderney Landing in Dartmouth, N.S., says he is "not ashamed" for naming Chris Brown as headliner, despite a recent backlash in the area.

Stephen Tobin, owner of Drop Entertainment Group, said Monday he was expecting some controversy but wasn't prepared for the vitriol.

"Make no mistake about it, we are not condoning Chris Brown's past behaviour," Tobin said of the R&B singer, who assaulted girlfriend Rihanna in 2009.

"People are educated and wise enough to make their own decision, and if somebody does not support the artist they can show that dissatisfaction ... by simply not buying a ticket."

Over the weekend, Brown was announced as the headliner of the Aug. 31 show, and some Haligonians voiced their disapproval on social media.

Mayor Mike Savage and the Avalon Sexual Assault Centre also said Monday that they are disappointed Brown will be per-



Chris Brown assaulted his girlfriend Rihanna in 2009. JASON MERRITT/GETTY IMAGES FILE

forming in Dartmouth.

Since the announcement, Rogers and Molson Coors have pulled their sponsorship, but Tobin said that will have "no impact."

"We're now five years beyond this," Tobin said, referring to the assault. "He's trying to move on. I think we're sending a message that if somebody makes a mistake, you will never be forgiven."

The controversy came as a judge in Los Angeles revoked Brown's probation on Monday after reviewing details of an alleged hit-and-run accident in May. But Brown, who has not entered a plea in that case, was allowed to remain free on his own recognizance.

HALEY RYAN/METRO IN HALIFAX, WITH FILES FROM THE CANADIAN PRESS

Hosting a fund-rager

Unrest stirs in Winnipeg

Stephen Tobin said other cities have been "overwhelmingly positive."

However, the woman behind a Winnipeg fundraiser for victims of domestic violence — not coincidentally being held the same night Chris Brown plays the city on Aug. 29 — is taking exception to those comments.

"The guy's a thug," said Susie Parker, who immediately began planning a fundraiser for the women's shelter Osborne House last Friday when she heard of the show.

"Let's give our money to ... where it's really needed instead of (in)to his hands, the hands that he uses to hit women."

SHANE GIBSON/METRO IN WINNIPEG

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Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's 3 things to know:

Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli," Rempel tweeted.

The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But some high-profile ministers changed jobs, including Peter MacKay, who is now the justice minister.

#shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative. I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal!" **THE CANADIAN PRESS/TORSTAR NEWS SERVICE**



MacKay, left, Rempel and Flaherty

Thailand. School sorry for students' Hitler banner

Thailand's premier university has apologized for displaying a billboard that showed Adolf Hitler alongside Superman and other superheroes, saying Monday it was painted by ignorant students who didn't realize Hitler's image would offend anyone.

The huge billboard was placed outside the art faculty of Chulalongkorn University as part of a tribute to this year's graduating class.

It said "Congratulations" in bold white letters and showed Hitler with his arm raised in a Nazi salute next to Batman, Captain America, the Incredible Hulk and Iron Man.

"(We) would like to formally express our sincere apology for our students' 'Superhero' mural," art school dean Suppakorn Disatapundhu said in a statement issued Monday. "We are taking this matter very seriously." **THE ASSOCIATED PRESS**



A student poses in front of a superhero-themed banner that included Adolf Hitler at the Chulalongkorn University in Thailand. COURTESY SIMON WIESENTHAL CENTER

Mauritania

Canadian with alleged al-Qaida ties to be freed

A 24-year-old Canadian man is to be released from a Mauritanian jail after being sentenced to 18 months in prison and a \$2,000 fine for alleged ties to al-Qaida's North African branch, known as al-Qaida in the Islamic Maghreb, officials said.

The Mauritanian appeals court decided Sunday to free Canadian national Aaron Yoon, the same day as his sentencing, because he has already been imprisoned for the duration of his sentence, prosecutor Ahmed Ould Abdalla told The Associated Press.

"The court has decided to free the Canadian, Yoon, because he has already served his time. He will be expelled from Mauritania immediately," said Abdalla.

Yoon was first arrested in December of 2011.

THE ASSOCIATED PRESS

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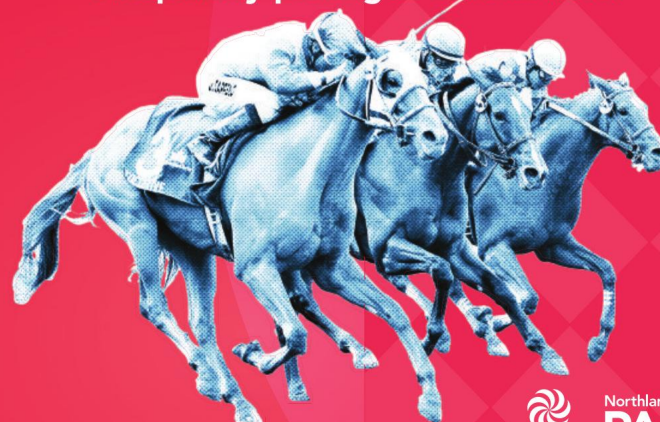


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When buying sunblock, make sure it blocks sun

Labelling law. 'Broad spectrum' products may not help as advertised



Some may think that when they grab a bottle of "broad spectrum" sunscreen they are protected from such rays, but Health Canada labelling hasn't yet caught up with new regulations brought into the U.S. in 2012.

The new U.S. labelling rule calls for UVA protection in all "broad spectrum" products.

Health Canada is currently considering similar regulations, and the public was invited to weigh in until February 2013.

"The hope is that when all

comments are taken into account, it will bring us in line with the U.S. Food and Drug Administration and EU," said Health Canada spokesperson Blossom Leung.

This has left many unknowingly unprotected, yet health officials in Ottawa say people can look for sunscreen that contains contain physical barriers such as zinc oxide or titanium dioxide, which scatter the sun's UVA and UVB rays. They also say there are many other sun-safe steps to increase protection.

"Don't use sunscreen as your only protection against the sun's rays," Leung said. "Keep track of the UV Index. If it's higher than three, protect yourself accordingly. Use a hat and sunglasses with UV protection. Wear loose-fitting clothing that's tightly woven, and stay out of the sun between 11 a.m. and 4 p.m."



Big shoes to fill for any sole

Former U.S. president George H. W. Bush, in the pair of brown shoes, participates in an award ceremony for the 5,000th Daily Point of Light Award ceremony in the White House on Monday. The shoes belong to, from top to bottom, President Barack Obama, Bush, first lady Michelle Obama and former first lady Barbara Bush. Bush, 89, established the Daily Point of Light Award in 1990, encouraging people to volunteer and recognizing those who make a difference. SUSAN WALSH/THE ASSOCIATED PRESS

Prehistoric predator

T. rex fought tooth and nail for its dinner, fang shows

The fearsome bite of a hungry Tyrannosaurus rex left behind new evidence that the famous beast hunted for food and wasn't just a scavenger.

Researchers found a part of a T. rex tooth wedged between two tailbones of a

duckbill dinosaur unearthed in northwestern South Dakota. The tooth was partially enclosed by regrown bone, indicating the duckbill had escaped and lived for months or years afterward.

Since the duckbill wasn't just a carcass when it met the T. rex, the fossil provides definitive evidence that T. rex hunted live prey, researchers say in Monday's issue of the Proceedings of the National Academy of Sciences. THE ASSOCIATED PRESS



A T. rex dinosaur replica in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

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Nude photos. Court rules probe could cause judge 'irreparable harm'

A Federal Court justice has ruled that a disciplinary hearing into the conduct of a Manitoba judge whose nude photos ended up on the Internet could cause "irreparable harm" unless it is put on hold.

The Canadian Judicial Council hearing into Queen's Bench Justice Lori Douglas has dragged on for three years and was supposed to resume this summer.

Justice Judith Snider said salacious details about the case could arise at the inquiry and damage the judge's reputation unless the hearing is put on hold pending a judicial review. The review is to determine whether the council's panel of five judges is biased against Douglas.

The inquiry, which has been mired in procedural delays and court challenges, is also supposed to examine whether Douglas failed to disclose the matter when she was appointed a judge in 2005 and whether the very existence of the photos should dis-

Background

The saga began three years ago when Alex Chapman filed a complaint with the council accusing Lori Douglas of sexual harassment.

- Chapman alleged the Manitoba judge's husband, Winnipeg lawyer Jack King, sent him nude photos of his wife and wanted Chapman to have sex with her.
- King was representing Chapman in a divorce case at the time. Chapman complained to King's law firm and King settled the matter within weeks by paying Chapman \$25,000 to return all the photos and to never discuss the matter.

qualify her from continuing as a judge.

THE CANADIAN PRESS



Putin in deep but not troubled waters

Russian President Vladimir Putin submerges on board Sea Explorer 5 bathyscaphe off the island of Gogland 180 kilometres west of St. Petersburg, Russia, Monday. Putin's latest media event was modest by the stunt-happy Russian leader's standards, a half-hour trip to the bottom of the Gulf of Finland to see a shipwreck. Putin rode the small submersible craft 60 metres down to see the remains of the naval frigate Oleg, which sank in 1869, Russian news reports said. RIA-NOVOSTI, ALEXEI NIKOLSKY, PRESIDENTIAL PRESS SERVICE/THE ASSOCIATED PRESS

English Channel

Woman dies in charity swim

British officials say a British woman died Sunday evening while trying to swim the English Channel as part of a charity drive.

A Facebook page set up to promote her swim for a hospice and a diabetes charity said Susan Taylor, 34, collapsed in the water near the French coast and was airlifted to a French hospital, where she died.

THE ASSOCIATED PRESS

Road rage in N.Y. minute

Slow drivers get under rabbi's skin

A New York rabbi, arrested for flashing a badge and ordering a woman driver to pull over, says he was angered by her slow driving. Other drivers allege that Rabbi Alfredo Borodowski has been doing the same thing for months. Investigations are underway in three incidents since April.

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Boxing fans trampled to death

Indonesia. At least 17 killed as possible tribal rivalry fuels vicious riots over match's result

Seventeen people were killed in a stadium stampede after spectators rioted to protest a local boxer's loss in a championship match in eastern Indo-

nesia, officials said Monday.

Youth and Sports Minister Roy Suryo said the victims — 11 of them women — were trampled to death as about 1,500 spectators scrambled out of the overcrowded stadium to escape the riot that broke out just before midnight Sunday. Kota Lama Sport Stadium has a capacity of 500 to 600, he said. Police said it had two working exits.

Thirty-two people are being treated at hospital for injuries.

A total of 84 boxers participated in the Bupati (Regent) Cup Championships that started July 9 in the Papua province town of Nabire, Suryo said.

The riot happened after the final of the 128-pound division between Alvius Rumkorem and Yulianus Pigome, who Suryo said are from different tribes.

Points awarded by a panel of judges to Rumkorem triggered protests by Pigome supporters, Suryo said.

The losing boxer's supporters threw chairs at the judges and the winner's supporters responded by throwing bottles and broken chairs, panicking people in the stadium, said Lt. Col. Gede Sumerta, a provincial police spokesman.

THE ASSOCIATED PRESS



A wedding photo of Yanus Manibui and his wife, Anance Woyaa, who were killed in a stampede at Kota Lama Sport Stadium after spectators rioted to protest a local boxer's loss in Nabire, Papua province, Indonesia, Monday. THE ASSOCIATED PRESS

Egypt

Co-operation the key to new regime's success: U.S. official

The most senior U.S. official to visit Egypt since its elected president was ousted said Monday that Washington is committed to helping the Arab country succeed in its "second chance" at democracy, adding this can only happen with the participation of the Muslim Brotherhood.

Deputy Secretary of State William Burns' meetings

with Egypt's interim leaders came as thousands of supporters of deposed President Mohammed Morsi held another mass rally to demand his return to office. The protest turned violent as police fired tear gas at pro-Morsi protesters who burned tires, threw rocks and blocked traffic flow on a main roadway running through the heart of the capital.

The remarks by Burns, the No. 2 American diplomat, signalled that Washington, while calling for an inclusive transition, is moving on from Morsi and his Brotherhood group. THE ASSOCIATED PRESS

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Renewed fighting. Congo army kills 120 M23 rebel soldiers, spokesman says

The Congolese army claimed on Monday that it killed 120 rebels in eastern Congo.

The army has captured Kibati village from the rebels, according to local residents. Twelve Congolese troops were also killed in the fighting, said government spokesman Lambert Mende in the capital, Kinshasa.

The heavy fighting between Congo's army and the M23 rebels resumed Monday after erupting Sunday afternoon following the arrival from Rwanda of more than 100 armed men disguised in women's clothing, say residents.

"They were wearing kik-

Rebel surprise

"They were wearing kikwembe ... to conceal the fact they were soldiers."

Congolese farmer Bifumbu Ruhira, on militants disguised as women to confuse the army on Sunday.

wembe" — a Congolese shawl worn by women — "over their uniforms, and women's headscarves," said Bifumbu Ruhira, a farmer at the village of Kanyarucinya on the front line between the Congolese army and the M23 rebels, who started fighting the government last year. THE ASSOCIATED PRESS



M23 rebels withdraw from the Masisi and Sake areas in eastern Congo in November 2012. JEROME DELAY/THE ASSOCIATED PRESS FILE



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Loblaw enters pharmacy wars

What, no Optimum Points? \$12.4-billion Shoppers deal raises stakes as grocery giant follows on the heels of competitor Sobeys

Two of Canada's biggest retailers have struck an agreement to combine their operations, with Loblaw Companies Ltd. buying Shoppers Drug Mart Corp. for \$12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in

place and allow it to operate as a separate division of Loblaw, the companies said on Monday.

But, it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Last month, fellow grocer Sobeys picked up the Canadian assets of grocer Safeway for \$5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transformational partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chair-

man of Loblaw, said Monday.

"I've long believed that becoming a Canadian health and wellness, and nutrition, champion represented the most powerful next chapter for Loblaw."

Loblaw is offering \$33.18 in cash plus about six-tenths of a Loblaw share for each Shoppers Drug Mart common share. The proposal was valued at \$61.54 per Shoppers Drug Mart common share based on Loblaw's share price before it was announced, more than a 29 per cent premium on Shoppers' average trading price.

About 54 per cent of the deal will be paid in cash while the rest will come in Loblaw shares. Investors reacted positively on the Toronto Stock Exchange, with shares of Shoppers rising 24 per cent and Loblaw shares were up more than five per cent.

THE CANADIAN PRESS



Galen Weston, executive chairman of Loblaw, holds his son following a press conference in Toronto on Monday announcing that Loblaw Companies Ltd. will acquire Shoppers Drug Mart Corp. for \$12.4 billion. MICHELLE SUI/THE CANADIAN PRESS

Not a believer

"This deal hasn't made Loblaws more competitive in the grocery space, as far as I'm concerned, or at least not to the degree that's worth 12 billion bucks."

Gareth Watson, vice-president at Richardson GMP Ltd.

Shrinkage. Twinkies' defence: The previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you remember.

The new boxes hitting shelves this week list the spongy yellow cakes as having 270 calories and a weight of 77 grams for two cakes, or 135 calories and 38.5 grams for one cake.

Right before it went out of business, the predecessor company had told The Associated Press that Twinkies were 150 calories per cake. Photos of past boxes online also indicate the weight to have been 42.5 grams per cake.

A spokeswoman for Hostess, Hannah Arnold, said in an email Monday that the size change was made in "mid-2012" by the predecessor company.

You've become a stranger

A spokeswoman for Hostess has also said that the longer shelf life of Twinkies reported by The Associated Press earlier this month was made by the predecessor company right before it went bankrupt. The 45-day shelf life, up from 26 days, was a separate change and hit shelves Nov. 1, she said.

sor company.

That would mean it happened in the months leading up to its bankruptcy, as the company was trying to keep its head above water financially.

THE ASSOCIATED PRESS



Your old friend Twinkie has returned, but with some tweaks you may feel like you don't even know him anymore. MATT ROURKE/THE ASSOCIATED PRESS

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Trend. Home sales rose again in June, but 'cooling-off period' possible: Expert

Home buyers extended a trend of increasing sales into its fourth consecutive month, according to the Canadian Real Estate Association as mortgage rates also crept up last month.

However, economists suggested Monday the higher rates could help cool the market through the second half of the year.

"Interestingly, the recent move up in five-year fixed rates ... might have actually stoked sales activity in June, with buyers making their move before their lower rate contracts expired,"

Rising, for now

3.3%

CREA reported home sales through its Multiple Listings Service were down 0.6 per cent from June 2012, but up 3.3 per cent from May.

said Robert Kavcic, a senior economist at the Bank of Montreal.

"If so, that could set the stage for another cooling-off period this summer."

THE CANADIAN PRESS

Asiana. Airline to sue TV station over use of racist fake names of pilots

Asiana announced Monday that it will sue a San Francisco TV station that it said damaged the airline's reputation by using bogus and racially offensive names for four pilots on a plane that crashed earlier this month in San Francisco.

An anchor for KTVU-TV read the names on the air Friday and then apologized after a break. The report was accompanied by a graphic with the phoney names listed alongside a photo of the burned-out plane that had crashed at San Francisco International Airport on July 6, killing three and injuring dozens.

Video of the report has spread widely across the Internet since it was broadcast.

The National Transportation Safety Board apologized, saying a summer intern erroneously confirmed the names of the flight crew.

Asiana has decided to sue KTVU-TV to "strongly respond

Reputation

Asiana decided not to sue the NTSB because it said it was the TV station report, not the U.S. federal agency, that damaged the airline's reputation. Asiana spokeswoman Lee Hyomin did not elaborate.

to its racially discriminatory report" that disparaged Asians, Asiana spokeswoman Lee Hyomin said. She said the airline will likely file suit in U.S. courts.

She said the report seriously damaged Asiana's reputation.

Tom Raponi, KTVU vice-president and general manager, said in a statement that KTVU would not be making any further comment because of the airline's threat of a lawsuit. Neither the station nor the NTSB has said where the names originated. THE ASSOCIATED PRESS

Market Minute

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NOT ALL RIGHT TO WEAR WHITE

I've witnessed my fair share of wedding faux pas over the years — drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the "I do." But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their



SHE SAYS
Jessica Napier
metronews.ca

brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan — wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty of occasions that demand a white dress code — croquet matches,

lawn-bowling competitions, cotillion balls — so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a free meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off-limits.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Baby watch is a royal bore



CHRIS JACKSON/GETTY IMAGES

It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

Thirst for news grows

"When Di went into hospital the photographers set up their ladders, there were around 200 of them.... But that was only when she went into hospital."

Ingrid Seward, editor of Majesty magazine and royal biographer, comparing this media frenzy to that during Prince William's birth. Another speculator, royal author Phil Dampier, said, "I've never known anything like it in my 28 years reporting on the royals."

Twitter

Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:

@piersmorgan: Things I'm very glad I've never had to do: "Royal baby watch".

@rblandford: Royal baby still not released as it has not yet reached its target on Kickstarter.

@AshleyBoorman: Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby

A disappointing day

July 13

The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent "sources," it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.

It's a zombie thing. Group performs to the tune of Thriller for charities

News worth sharing

Swing by the conference room of the Alberta Place Suite Hotel on a Wednesday night and you're in for a peculiar fright.

The floor has been cleared of chairs and 10 zombies stomp, shuffle and shamle their way through Michael Jackson's Thriller. You've walked in on the weekly practice of Rigor Productions, a for-charity performance troupe that specializes in zombie entertainment.

The group appears at birthday parties, movie premieres, Christmas parades and grand openings.

They handle their own

event production and makeup — perhaps too well. Someone once called the police thinking a solo performer was a real-life accident victim.

The zombie stayed in character even when two police cars and an ambulance showed up and realized what was going on. "The officer who got out was laughing her butt off," recalls Rebecca Rotten, Rigor's social-media manager.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of Free The Children. Send your stories to goodnews@metowe.com and we'll share them right here.

Twitter

A new study from Ohio State University says smokers cost employers \$3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?

@plussizepanda: of course it should. I don't leave my office ever half hour for 10 minutes at a time!

@AlanSimpson: Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

@blinner56: and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.

@BourbonShot: is it not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

@ksawka: it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

@TP_TV: These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees

@Jonny_EP3: as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

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DVD reviews

**Evil Dead****Director.** Fede Alvarez**Stars.** Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

•••••

The really scary thing about Fede Alvarez's *Evil Dead* is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's *The Evil Dead* shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an *Evil Dead* movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that *Evil Dead* inspires more tedium than terror. Extras include a director/commentary and making-of featurettes.

PETER HOWELLMichael Cera, 25, stars in *Crystal Fairy*, where he plays a self-serving jerk. THE ASSOCIATED PRESS

No more Mr. Nice Guy

Crystal Fairy. Michael Cera's new character is a far cry from innocent little George Michael Bluth

MATT PRIGGE

Metro World News in New York

Before discussing his new microbudgeted film, *Crystal Fairy*, Michael Cera gushes about the films of John Cassavetes. He cites *Opening Night*, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to *Husbands* — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time I watched it I felt like

I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like *Crystal Fairy*, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing *The Maid*, a hilariously neurotic Argentine dramedy about a grumpy

housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, *Magic Magic* about a woman's (Juno Temple) descent into madness, ran into budget problems, they ran off to make the tiny *Crystal Fairy* in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in *This is the End*, but *Crystal Fairy* finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own

I like the cut of your jib

"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

agenda. In terms of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

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Hip-hop stars take the rap

Industry change?
With Lil Wayne and Rick Ross losing endorsement deals over lyrics, will rappers tone down their songs?

Since it began, rap has found ways to offend. Whether for political content, sexual imagery, misogyny, violence or coarse humour, rappers have found themselves having to defend their words on a regular basis, no matter how innocuous — or extreme.

Those defences have typically been defiant. So it was a bit startling when both Lil Wayne and Rick Ross — under intense fire over rhymes deemed offensive — gave mea culpas for their words amid threats of boycotts and a loss of major endorsements.

Their contrition, and the success of their detractors in getting them dropped by major corporations, raises the question: Could the close attention paid to lyrics today — mainly because of the digital age and social media — find some rappers toning down their words, or compromising artistry, to satisfy others?

Ebro Darden, the program director of New York's Hot 97 radio station, thinks rappers may become more mindful, but isn't convinced

Lesson learned?

"I think they'll be more cautious about the disrespect they show toward a specific situation."

Ebro Darden, program director Hot 97
On rappers becoming more mindful of what they say on their records.

this is a tipping point in the genre.

"I think they'll be more cautious about the disrespect they show toward a specific situation," he said.

"I think hip-hop is a culture of people speaking what they feel and see. ... I think it does get out of balance sometimes and I think that's the main issue people have with hip-hop."

Others see Lil Wayne and Ross' situations as blips that



Lil Wayne GETTY

won't shake up how rap stars approach their music.

"Folks in hip-hop are going to use freedom of expression," said Cori Murray, the entertainment director at Essence.

"I don't see them self-editing themselves."

There are still plenty of examples of vulgarities dominating in rap, including pop hits such as Kendrick Lamar's (Expletive), Don't Kill My Vibe and ASAP Rocky's (Ex-

pletive) Problems. The use of gay slurs has been toned down, though rappers like Tyler the Creator still say them regularly.

But even for a genre known for using outrageous words to convey a message, some thought Lil Wayne went too far.

On a remix of rapper-producer Future's song, Karate Chop, Lil Wayne compared a sex act to the beating that killed 14-year-old Emmett

Till in Mississippi.

PepsiCo cut ties with Lil Wayne in May.

Steve Stoute, the former record label boss and advertising executive who has worked with Jay-Z and Mary J. Blige, believes Lil Wayne and Ross did no harm — and nothing they haven't done before.

"Lil Wayne's fans know he wasn't being disrespectful ... he was trying to make a point, which in hip-hop you will sometimes go as ridiculous as he went to make a point," said Stoute, who added that the rappers shouldn't alter their lyrics.

"I think Lil Wayne and Rick Ross and every other artist should do exactly what they've always done to become the special thing that they are."

Ross rapped about giving a woman the drug MDMA, known as Molly, and having his way with her in Rocko's song U.O.E.N.O.

Reebok ended its relationship with Ross in April after the women's group UltraViolet held several protests, including one outside a Reebok store in New York City.

The sneaker brand said it was not happy with how 37-year-old Ross handled the situation (Ross apologized for his lyrics twice before he was dropped, but only acknowledged the seriousness of his words after Reebok let him go).

"I bet you (Ross) wasn't thinking that was going to happen when he was writing that lyric," John Legend said of the backlash the burly rapper received, with whom he has collaborated three times.

"Now people will think twice about stepping in that territory and making light of it ... and if that's the effect of people protesting, then maybe that's a good effect."

THE ASSOCIATED PRESS

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What you want, what you really, really want: Girl groups

A new batch of pop tarts are ready to dominate the charts and fill a void since bestselling groups like Destiny's Child, TLC and the Spice Girls stepped away from the limelight.

Little Mix won U.K.'s The X Factor in 2011. The group is signed to the same U.S. label as One Direction, and the girls are following the boys' chart-topping path: Their debut,

DNA, splashed at number four on the Billboard 200 chart last month.

The fivesome G.R.L. is signed to mega-hitmaker Dr. Luke (Katy Perry, Ke\$ha) and The Rosso Sisters are currently in the studio with Ron Fair (Christina Aguilera).

G.R.L. was originally the new line-up of the Pussycat Dolls, but the group decided to

establish a new identity.

"We decided that once all five of us came together and brought our different personalities and we got involved with Dr. Luke, it became something completely different from the Pussycat Dolls," said Paula Van Oppen.

Bruno Mars' four sisters, the Lylas, will debut on a WETv series this fall. They say they're



Little Mix won the X Factor in the U.K. THE ASSOCIATED PRESS FILE

inspired by Hawaii's diverse music scene and the performers in their family.

Will Mars, who has written and produced for CeeLo Green, Justin Bieber and Alicia Keys, give his sisters first dibs?

"We'll definitely work with him and you'll have to watch the show to see," Jamie Hernandez said.

THE ASSOCIATED PRESS

Making a film at the pace of a snail

Turbo. Canadian animator tread a long way from conceiving his idea of racing molluscs to getting it up on the big screen

RICHARD CROUSE
scene@metronews.ca

The Sheridan College-trained Dreamworks animator David Soren first hit on the concept of Turbo 10 years ago.

"It started as a lark," he says.

"There was a competition and I turned in the idea the night before the deadline. The Fast and the Furious with snails. That was it. It happened that it won the competition and Dreamworks bought the idea. Then it went nowhere for a long time."

While Soren worked on

other projects like Chicken Run, Shrek, Shark Tale and directed a trio of TV specials based on the Madagascar film franchise, the idea of an aspirational snail with dreams of speed stayed with him.

"My six-year-old boy, from birth, came with a love of cars and racing and all things fast," he says.

"I was not a car nut or a race fan growing up but it really got me thinking about the character in different terms and that freed me up to realize that a snail really is kind of a perfect underdog."

"Nobody expects anything of them. Their lives are filled with obstacles; nobody really knows what they do, other than being gross and pesky."

The next step was character design, no mean feat when your stars are 90 per cent shell.

"In the beginning the fact that all those things that you usually rely on, like arms and legs and eye-



David Soren, far right, attends the Turbo premiere in Barcelona with Turbo stars Michael Pena, Samuel L. Jackson, Snoop Lion and Ryan Reynolds. GETTY IMAGES

brows (were missing meant that) we had to get more creative about how to do it. I did drawings early on of these snails with arms and

it was creepy.

"It was just a matter of coming up with other viable ways for them to emote and move around."

Taking his kids to animated movies also gave him a real sense of what he wanted and, more importantly, didn't want, in Turbo.

Give Turbo a chance

"...A snail really is kind of a perfect underdog. Nobody expects anything of them, their lives are filled with obstacles..."

Turbo writer and animator David Soren

"I find myself growing impatient with animated movies that are just a bunch of gags," he says.

"I feel like I am just going to amuse or babysit my kid. And yet by the same virtue I think it is pointless to make an animated movie that doesn't have some appeal to children."

"It has made me want to see all sides of it a bit more and find the heart, find the human story in there — that universal thing that any audience member can connect with but not lose the kids either, because they're important."



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Mary-Louise Parker gets a bit darker in RED sequel

Movies. Parker reprises her role of Sarah, who dates her way into a world of globe-trotting, explosion-heavy intrigue

MATT PRIGGE

Metro World News in New York City

Like much of the cast of RED 2, Mary-Louise Parker isn't the first person you'd cast in an action film. She's a Tony-winning Broadway star, an Emmy-winning and Golden-Globe-winning TV star and generally not the person you'd hand a big gun.

This is your first movie sequel. This is the first movie I've ever done that had a sequel. Most of my movies don't even go to the theatre. They usually make it to DVD. Usually I do the kinds of movies where you change clothes in the ATM, because they can't afford trailers. I like those kinds of movies, because



Mary-Louise Parker
THE ASSOCIATED PRESS FILE

you tend to work more, and everyone collaborates. And there can be quite a lot of sitting around on big budget movies and waiting. That's not my favourite part. But I'm not complaining.

Your character was the moral compass in the first film. But here she's a bit darker.

She goes a little darker, yeah. I mean, not dark enough for me. She's supposed to reside in an area between dark and light. She's Midwestern, ingenuous, just a good stock kind of girl. She's not like a drug addict, hanging out in back alleys.

Is trying to deliver a strong performance on a big budget production in some ways more difficult than a play?

In some ways it's harder, because everyone's focused on the lighting, and there are the crew and producers. When the actual acting comes it feels almost superfluous. And those moments on set are the shortest part of the day, between "action" and "cut." It's hard sometimes to summon what you need in those moments when people aren't fully focused on it. There are film actors who are just brilliant at shutting everything out. That's why some actors stay in character the whole time.

It's a different kind of acting.

It's just your audience is in a different place. Your audience is the lens, really. I prefer theatre, because it's easier to lose yourself and forget about yourself, and put your own persona personality problems aside and just go into someone else's reality.

She's going from straight A's to getting her first F.



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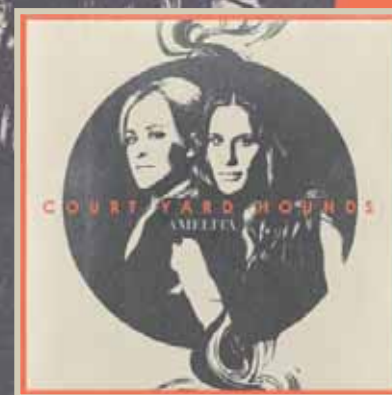
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Emily Robison & Martie Maguire - are at it again with their highly anticipated follow up album, **AMELITA** on July 16th.

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Keepin' it real: Lo and O make a show



Lindsay Lohan

Lindsay Lohan is set to star in her own eight-part reality series for Oprah Winfrey's OWN network chronicling the troubled starlet's attempts to rebuild her career once she's finished with her latest stint in rehab. And apparently Lindsay's mom, Dina Lohan, thinks the deal comes with some hands-on care from Winfrey herself. "It's fantastic," Dina tells E! News. "If anyone is going to help mentor you, it's going to be Oprah."

Twitter



@kirstiealley

early to rise, early to work... I'm trying to sound chipper but it's just too early..chip chip chip



@joeldavidmoore

R Kelly is my favorite musician that just sings long texts he writes to girls.



@KChenoweth

Dear Super Bubble, where are you? You're not at 7/11 anymore (at least in Cali)



Justin Timberlake

You take that back, Timberlake!

Justin Timberlake insists he had no idea the name of his new single, *Take Back the Night*, was also the name of a sexual assault awareness group until the group took issue with his decision. The group, the *Take Back the Night* Foundation, took issue with Timberlake appropriating their name for a steamy R&B track. "Upon the release of my new single, I was made aware of an organization of the same name called

the *Take Back the Night* Foundation," Timberlake says in a statement. "Neither my song nor its lyrics have any association with this organization. As I've learned more about the *Take Back the Night* Foundation, I'm moved by its efforts to stop violence against women, create safe communities and encourage respectful relationships for women — something we all should rally around."



Cory Monteith

Investigation into Glee star's death sped up

The investigation into the cause of death for Glee star Cory Monteith is being fast-tracked, Vancouver police confirm to TMZ. "Due to the intense public interest, the toxicology will be expedited," a police source says, explaining that the results should be announced in two or three days. The autopsy began Monday. Monteith was found dead in his room at the Fairmont Pacific Rim Hotel in Vancouver Saturday after missing his check-out time. He was alone and there were reportedly no signs of foul play.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jenny's got a View, and I've got one too



THE WORD

Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of *The View* on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on *The View* starting in September," Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the

table. I look forward to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organizations as *Larry King Live* and *Frontline*, and has worked as a spokesperson for various, fringe anti-vaccination groups. There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that *The View* explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. Shame on Barbara Walters, a true journalist, for giving this fear-mongering nitwit a microphone. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other *View* girls will be contestants on a reloaded version of *Singled Out*.

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Get the Wolverine body

Fitness. This summer, Hugh Jackman reprises his role as self-healing mutant Logan in *The Wolverine*. His trainer, David Kingsbury, tells us how he went from skinny to superhero

ROMINA
MCGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for *The Wolverine* halfway through working on *Les Misérables*, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of *Les Miz*, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple of months of training dedicated to *The Wolverine*."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for *The Wolverine* began, he'd shed (15 pounds) and gotten his body fat down to six per cent."

Weights + cardio

Becoming Wolverine

required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays, he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progres-

sively heavier, adjusting the reps at the same time. "We'd always train early in the morning, so Hugh would drink a double espresso just before for a boost

in energy and have breakfast straight after he was done with the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury.

They combined weights with a mixture of interval training and steady

state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

The diet

Jackman's workouts were so intense that he had to eat around 5,000 calories a day for his body to keep up. His diet included lots of protein (eggs, fish, chicken),

vegetables (spinach, broccoli), carbs (oatmeal, brown rice, sweet potatoes) and fats (avocado, nuts, peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats. On non-weight training days (Saturday and Sunday) he would skip the carbs and just have healthy fats," says Kingsbury.

Wolverine in numbers

Age. 44

Weight. 198 pounds

Height. Six foot two

Body fat. Six per cent

Calories/day. 5,000

Total hours of workouts / week. 11

Body. 70 per cent diet and 30 per cent training

What Hugh Jackman ate to bulk up



Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter



Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato



Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach



Meal 4

Grilled salmon
Half an avocado
Broccoli

What Hugh Jackman ate to lose fat

Meal 1

Four poached eggs, smoked salmon, half avocado



Meal 2

Grilled chicken breast
Spinach, half avocado

Meal 3

Grilled chicken breast
One tbsp of hummus
Broccoli



Meal 4

Seven eggs (four whites, three whole) scrambled with lean ham, spinach

3 TIPS

You say potato, I say cake

1. Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

2. In a bowl, whisk water into mashed potatoes until mixture is smooth.

Ingredients

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

Potato Chocolate Cake



This recipe serves 12 to 16. THE CANADIAN PRESS H/O

3. In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.

4. Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

5. In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.

6. At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.

7. Place batter in prepared pan;

smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

8. Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Side dish. Orange-Tarragon Lobster-Topped Baked Potato



1. Heat oven to 200 C (400 F).

2. Gently scrub potatoes to remove dirt and loose skin; prick each potato several times with a fork. Bake for 45 minutes or until cooked through. Let cool

slightly. Cut top off potatoes (lengthwise).

3. In bowl, mix remaining ingredients. Top each potato and serve. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Ingredients

- 4 large russet potatoes
- 250 ml (1 cup) chopped cooked lobster meat
- 15 ml (1 tbsp) mayonnaise
- 10 ml (2 tsp) chopped fresh tarragon
- 1 ml (1/4 tsp) coarse salt
- 125 ml (1/2 cup) chopped fennel
- 2 ml (1/2 tsp) orange zest
- 30 ml (2 tbsp) orange juice
- 5 ml (1 tsp) olive oil
- Pepper, to taste

Bacon mayo: Game changer for a classic summer salad

Bacon Mayo

1. In a large skillet over medium-high heat, fry the bacon until crisp. You likely will need to work in batches. As the bacon is fried, transfer it to a paper towel-lined plate. Pour the bacon fat from the pan into a 2-cup liquid measuring cup. Check the volume. If you don't

have 1 1/3 cups, top it off with canola oil.

2. Use a rolling pin or meat mallet to crush enough of the bacon to make 1/2 cup of fine bacon bits. Reserve the additional bacon for use as garnish on the potato salad.

3. In a medium bowl, whisk together the egg yolks, water and mustard until smooth. While whisking, gradually pour the reserved bacon fat into the yolk mixture, whisking until fully emulsified. While continuing to whisk, slowly sprinkle in the xanthan gum. The gum will cause the sauce to thicken.

4. Mix in the 1/2 cup of bacon bits. Add the lemon juice, white wine vinegar and salt as needed to adjust the acidity and seasoning. Use the mayonnaise cold, but allow it to temper at room temperature for 10 minutes before serving.

Fingerling Potato Salad

1. Place the potatoes and water in a quart-size zip-close bag. Without sealing the bag, submerge it in a bowl of water al-

Health Solutions

There's an app for that (quest)



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Entertaining season is here and you are sure to have one vegan, two vegetarians, a few gluten-frees, a handful of no-carbs and perhaps a lactose-free or two over to mess with your menu.

How are you supposed to feed them all? Here's an appetizer cheat sheet that can be mixed and matched to serve every palate and pickiness.

The healthy and delicious process is simple: mix together equal parts mild mustard and yogurt (or vegan mayo) and store it in a squeeze bottle in the fridge up to two weeks. It is your "glue". Then choose one item from the savoury list as your

base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

Smile pretty, now.

Savoury

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini Slice

Sweet

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion

THERESA ALBERT
IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Bacon Mayo

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have 1 1/3 cups, top it off with canola oil.

2. Use a rolling pin or meat mallet to crush enough of the bacon to make 1/2 cup of fine bacon bits. Reserve the additional bacon for use as garnish on the potato salad.

3. In a medium bowl, whisk together the egg yolks, water and mustard until smooth. While whisking, gradually pour the reserved bacon fat into the yolk mixture, whisking until fully emulsified. While continuing to whisk, slowly sprinkle in the xanthan gum. The gum will cause the sauce to thicken.

4. Mix in the 1/2 cup of bacon bits. Add the lemon juice, white wine vinegar and salt as needed to adjust the acidity and seasoning. Use the mayonnaise cold, but allow it to temper at room temperature for 10 minutes before serving.

Fingerling Potato Salad

1. Place the potatoes and water in a quart-size zip-close bag. Without sealing the bag, submerge it in a bowl of water al-



This recipe serves 4 as a side. MATTHEW MEAD/ THE ASSOCIATED PRESS

most to the opening. The water will squeeze out most of the air. Seal the bag.

2. Microwave on high until the potatoes are tender, about 4 minutes in an 1,100-watt microwave. Use care when removing the bag from the oven; the steam released as you open the bag can cause burns. Remove the potatoes from the bag and set aside to cool.

3. In bowl, stir together the onion, bacon mayonnaise and mustard. Once the potatoes have cooled, slice them into coins 1/2 to 1 inch thick. Stir the potatoes gently into the mayonnaise mixture until evenly coated. Season with salt, then garnish with crispy bacon bits. THE ASSOCIATED PRESS/ W. WAYT GIBBS EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Reason No. 308: I wouldn't let him ride the wiener dog

Reasons My Son is Crying. Humorous blog turned book has given self-deprecating parents everywhere a new outlook and some comic relief

ALISON BOWEN

Metro World News in New York City

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, well this is so over the top. That stuff happens all the time when you've got a kid."

The Rochester, N.Y., dad of two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that became a blog that spawned a book.

The creator of the Reasons My Son is Crying Tumblr blog, which recently went viral, is now penning

the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit.

"It's really funny to have accidentally found something that everybody can relate to," Pembroke says.

Posting pics can be a parenting coping mechanism, he adds.

"It's easy to get bogged down and feeling upset about all the times your kid's crying, because it makes you feel like a failure," he explains. "Parents are wired to think that if your kids aren't happy all the time, that you're failing. It doesn't mean you're a bad parent just because you have to carry your kid screaming out of Disney World on your shoulder, crying the whole way. Which I did in May."

The 33-year-old dad told us about posting pictures as parenting therapy.

What was it like to have pictures of your kids go viral?

It was so crazy. After (it appeared on Reddit), it started to spread so quickly. ... It's a

Savour this time

"I know right now that I'm going to miss this (phase) when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity."

Greg Pembroke, blog creator and author of *Reasons Why My Son is Crying*

little weird because, it's easy to say this now, but we are pretty private. That week on the MSN homepage, there was a picture of LeBron James, Margaret Thatcher and my one-year-old. It was absolutely surreal to see. It's a little overwhelming initially, but the feedback was so overwhelmingly positive. ... I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Why do you think this has struck such a chord?

In general, the people that get it are people that have normal, healthy toddlers;



Believe it or not, most parent will actually miss the unnecessary crying phase their toddler goes through. ISTOCK

who have been around kids. This is a phase they go through. It's going to happen. ... Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in your own parenting?

It helps you see the humour side. This is a stage in childhood development. I know right now that I'm going to miss this when they're out of it, and I think it's a reminder to me

to just kind of laugh about the insanity. It's not always going to be this way. When they get older, they're going to have problems that aren't always as easily laughed off, and I think then I'm going to be a bit nostalgic.

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Just because you missed the July start at Digital School doesn't mean you have to miss out completely.

Digital School offers a fast-track enrolment opportunity for people who missed the July start.

"We are enrolling new students for Aug. 12, meaning you don't have to wait until October for the next chance to start your Digital School diploma or certificate program," says Brady Sylvester, assistant manager, Digital School.

Digital School students can study to earn a degree in CAD in less than a year, with skills employers are looking for.

Computer-aided design courses include computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization, and a part-time online computer-aided drafter program.

Digital School is now offering building



JUPITERIMAGES/PHOTOS.COM/THINKSTOCK

information modelling (BIM) training.

"At Digital School, we are deeply committed to ensuring our graduates are ready for any environment they'll encounter, and we see BIM as an increasingly important part of the future of CAD," Sylvester says.

"It is fast becoming a standard worldwide."

For more information about Digital School and the fast-track enrolment opportunity, or to speak to an admissions adviser, visit digitalschool.ca.

NEW ONLINE LOOK FOR ACADEMY OF LEARNING

Academy of Learning Career College has a brand new online look.

Easier to use, with everything you need at just a click of a button, academyoflearning.ab.ca will make your search for the right program an easy one.

"We have put a lot of time and effort into making it more attractive, but more importantly, easier to navigate and use for people looking for information about career training in business and office, health care, accounting and payroll, information technology, legal, and more, including, of course, web design," says Andre Harris, design and technology manager, Academy of Learning Career College.

Prospective students can browse programs, request information, book a campus tour, and find all the student resources, such as funding, available to them.

There is no need to wait until September to begin your training since intake is continuous.

Academy of Learning is a business and



ISTOCKPHOTO/THINKSTOCK

career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

For the best, most accurate information about Academy of Learning Career College campuses in Alberta, please visit academyoflearning.ab.ca.



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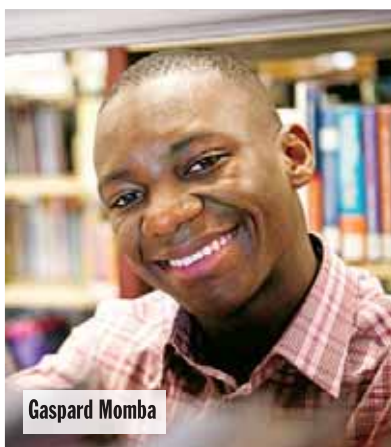


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Gaspard Momba

NORQUEST COLLEGE PHOTO

CREATING A BETTER LEARNING EXPERIENCE

Gaspard Momba has come a long way since arriving in Edmonton from his native Democratic Republic of Congo two years ago.

"When I first came to Canada, I didn't speak any English," he says. "I didn't know anyone here and was afraid to go out, so I just stayed home."

It was a challenge, Momba says, because he truly wanted to embrace and experience everything his new home had to offer. Things started to change once he

entered NorQuest College's language instruction for newcomers (LINC) program.

LINC assists recent immigrants to Alberta by offering basic English literacy classes. The program concentrates on the language skills needed to integrate into community life and work in Canada.

After completing the LINC program, many students enrol in the college's youth in transition (YiT) program. This program assists students by increasing their academic and personal communication skills

to help transition them into an adult learning post-secondary environment.

Momba's success in LINC, however, enabled him to surpass YiT and move into a higher level program.

LINC instructor Bonnie Nicholas has no doubt that he will find success.

"Gaspard is one of the most motivated students I have ever met," Nicholas says. "With his energy and commitment to learning, he has been an inspiration to students and faculty alike in the LINC program."

HIT THE BOOKS SOONER THAN OTHER STUDENTS

ROBERTSON COLLEGE

Hot summer days and vacations may not have you thinking about heading back to school, but maybe the idea of relaxing in a new career this time next year will.

Think about hitting the books one month sooner and working towards a career as a health-care aide through training at Robertson College.

By starting this August, students will

be job ready in five months and out in the workforce sooner than those who wait to start in September.

Students of the health-care aide program at Robertson College will be taught the Alberta provincial curriculum and will receive hands-on experience because of the small classes.

"We have small classes allowing for personal and individualized attention," says Violet Reid, campus director of Robertson College, Edmonton campus. "This

allows the students to obtain the levels of certification which employers are looking for."

To ensure maximum student success, Robertson offers assistance in job searching to help graduates find employment upon completion of their training.

With no wait lists at Robertson College, starting your education can be easier than expected.

For more information, please visit robertsoncollege.com.



ROBERTSON COLLEGE PHOTO



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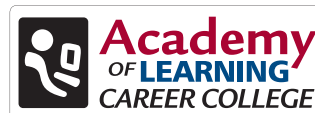
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TIME TO DODGE THOSE DIGITAL DISTRACTIONS

Facebook is flunking students at an alarming rate, according to a university expert.

Dalhousie University Prof. Susan Holmes works with students in academic trouble. The students she helps spend an average of 24 hours a week on Facebook, Twitter, email and other unfocused web surfing. As much as 15 per cent of the university's engineering students failed — and blamed digital distractions.

"Some students, with all good intentions, go onto their computer to do research and something distracts them," she says. "Facebook is one of the big problems because of the constant notifications."

This is not an accident — the intermittent rewards of checking Facebook or your phone are intentionally designed to trap you into spending as much time as possible on the site. But don't give up hope — you can fight back.

Holmes suggests tips that have

worked for her students:

- Unclick the auto sign-in button. Forcing yourself to enter your email and password every time can be enough of a hurdle to curb your excesses.
- Use separate browsers for work and play. Have all your school bookmarks on Chrome and use Firefox for social media, for example.
- When you go online for fun, first set an alarm to go off when you want to be done.
- Use your university's web page as your home page. It's less distracting than BuzzFeed and reminds you of your main goal.

Holmes runs a course called Refining Your Learning Skills for students who have been academically dismissed.

"It's often a shock. The students I work with are very bright and have done extremely well in high school, but they come to university and they don't make the tough transition well," she says.

— Jon Tattre

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IT PAYS TO STUDY YOUR GRANT OPTIONS

With spiralling loans saddling students with ever greater levels of debt, it pays to spend time finding the free money and borrowing the rest on the best terms possible.

Sorcha Thomas, of Alberta's Department of Enterprise and Advanced Education, says there are hundreds of scholarships, awards and grants in the province. One of the most popular is the Alexander Rutherford High School Achievement Scholarship. It helps students who earn

certain high school marks and is worth up to \$2,500. Thirteen thousand students collected it last year. A further 600 received benefits from a government-operated private scholarship program.

All the funds are listed on the Alberta Learning Services website (alis.alberta.ca). You can scroll through the lists or search by keyword.

Thomas says some funds or grants are from the government, others from post-

secondary institutions, private industry and service organizations.

If you are studying the skilled trades, check out Tradesecrets.alberta.ca for 900 pots of free money — 500 are worth \$1,000 each — designed to assist students who want to apprentice or study occupational trades. If you need to borrow money, visit Studentaid.alberta.ca. You can apply online for a loan and quickly find out if you are eligible.

— Jon Tattrie



STOCKBYTE/THINKSTOCK



MONKEY BUSINESS/THINKSTOCK

UNIQUE TRAINING AT THE EXCEL ACADEMY

The need for health-care aides and community support workers is growing in Alberta.

Students who study at The Excel Academy for careers in the fields of health-care aide (HCA) and community support workers (CSW) will receive training that is unique to any career college.

"Because we are a branch of the Excel society, we are a non-profit school," says Chandra Merry, registrar, The Excel Academy.

"This means, at our core, are social advocacy values."

The Excel Academy values that students in HCA and CSW programs may be low-income students who are balancing multiple jobs with large families and coursework and, therefore, continue to offer very affordable prices and flexible class times.

Unique to the program is the school's practicum — offering students a chance to work in four different facilities to find which environment is best suited to their individual goals.

"We have a holistic approach to skills training," Merry says. "Not only do students focus on the skills that they are acquiring, but also on their personal growth."

"For example, we have them explore stress management strategies that they can apply to their future career."

Applications for the HCA program are being accepted until Aug. 1, for classes beginning Sept. 3.

For more information about this program, or Excel Academy, visit excelacademy.ca.



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YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesman?"

Insurance policies are so utterly tedious with their teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which frequently hap-

pens?

The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties.

I purchased a digital recorder this year and the salesman almost talked me into additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is covered,

In storage

Insurance is not legally required for vehicles in storage. Comprehensive insurance covering fire and theft is optional.

except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability. Avoid being under or over-insured by taking the time to read each policy both at initial application and renewal. Don't rely on what a salesperson or agent tells you. So much depends on it.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Managing money from wedding bells and beyond

A wedding is a joyful life milestone, but for many it comes with a big price tag. The stress, not to mention the cost, of wedding planning can be a challenge. Successful couples need to discuss finances together.

Establishing good financial habits while planning for your wedding can start you down the path toward a successful financial future together.

"A wedding may be the biggest expense you've ever planned and saved for together. It's a great opportunity to start 'money talks' which should continue throughout your marriage," says Sandy Cimoroni, president at TD Mutual Funds and Executive Sponsor of TD's Women Investor Program.

Cimoroni shares three common mistakes couples make

when it comes to managing money, and how to overcome them:

Failing to communicate.

Discuss how you'll pay for any wedding-related expenses — from the venue, to flowers, to cake, and everything in between. Beyond just your wedding, you should be open and willing to talk about money

and learn about each other's financial history and views about money.

Not having a budget or financial plan

Many couples don't take the initiative, or wait too long to write down their short, medium and long term goals. Work together on your finances beyond the wedding day. Discuss and es-

tablish goals, keep track of your spending, and make the "money talk" an ongoing conversation.

Being on a different page when it comes to finances

You and your partner may have different attitudes about money; one person may be a saver, the other a spender. Acknowledge your differences

and take advantage of each other's strengths to successfully manage your money as a couple.

"Open communication starting in the early stages of marriage — and even before — helps you stay on the same page about your combined financial goals and strategy," adds Cimoroni.

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Welcome back to Russia

Kovalchuk signs with KHL team

Russian team SKA St. Petersburg says it has signed forward Ilya Kovalchuk to a four-year contract.

Last week, Kovalchuk walked away from \$77 million left on his 15-year contract with the New Jersey Devils.

SKA did not disclose the terms of the deal with Kovalchuk in its statement Monday.

Kovalchuk scored 417 goals and added 399 assists in 816 NHL games.

THE ASSOCIATED PRESS

No pity party here



"No one is going to feel sorry for you, the New Jersey Devils."

Devils head coach Pete DeBoer on Ilya Kovalchuk's decision to retire from the NHL and return to Russia.

NHL

Hextall returning to NHL roots in City of Brotherly Love

Ron Hextall is back with the Philadelphia Flyers, joining a long list of former players in the front office.

The former Flyers goalie on Monday was named assistant general manager and director of hockey operations, leaving the Los Angeles Kings where he was president and assistant general manager.

THE ASSOCIATED PRESS

Kids conquer MLB's Midsummer Classic

They grow up so fast. Harper, Machado and Trout headline baseball's all-star youth movement

Flip on any highlight show and you're almost sure to see them, with those peach-fuzz faces and boyish features beneath their big league caps.

Mike Trout makes a diving catch on the warning track.

Manny Machado whacks another double into the corner at Camden Yards.

Bryce Harper belts a tape-measure home run or barrels into a catcher ... or an outfield fence ... or whatever stands in his way.

The next generation of baseball stars are here and they're changing the complexion of the game.

"These guys are coming up now with incredible talent, these young players," National League manager Bruce Bochy said Monday at Citi Field, where the New York Mets are hosting the All-Star Game. "I think they are just getting better, faster, bigger, stronger still, and it's impressive to watch."

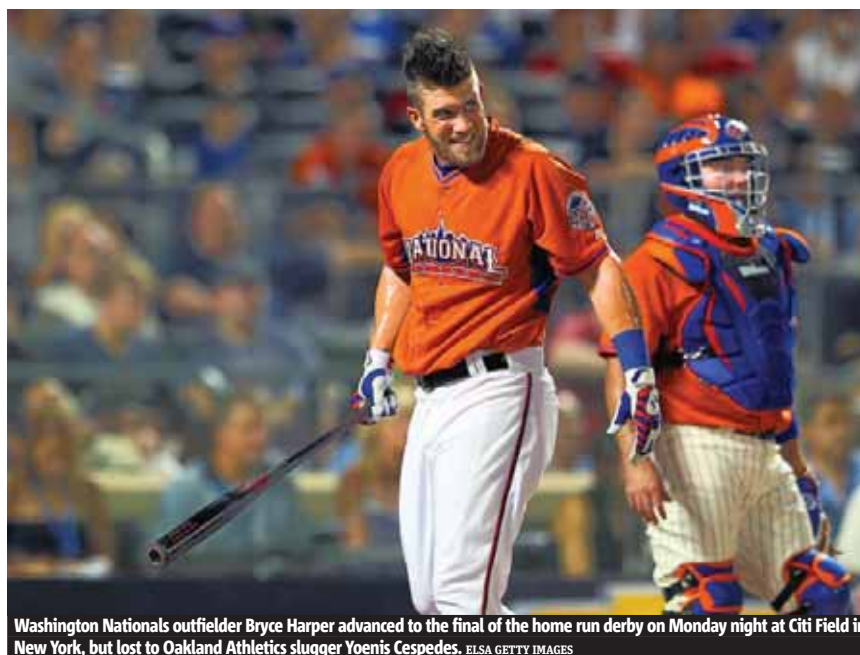
No kidding.

Trout and Harper, the Rook-

Changing of the guard

12

There are 12 all-stars this season 24 or younger, seven in the NL. That's the most since a dozen were selected in 1993, according to STATS — a group that included Ken Griffey Jr., Mike Piazza, Gary Sheffield, Mike Mussina and Juan Gonzalez.



Washington Nationals outfielder Bryce Harper advanced to the final of the home run derby on Monday night at Citi Field in New York, but lost to Oakland Athletics slugger Yoenis Cespedes. ELSA GETTY IMAGES

ies of the Year last season, are making their second trip to the All-Star Game. This time, they will start Tuesday night after getting elected by fans.

Some of baseball's best players are among the youngsters on the field. Night after night, they put up unprecedented numbers and turn in spectacular plays.

"It's good for the game," Trout said. "A lot of young guys are playing fearless and making a name for themselves at an early stage in their career."

Harper is 20, and Trout is all of 21. Barely old enough to vote, let alone buy a drink.

Machado has spent less

than a year in the majors, but that didn't stop him from earning his first all-star selection on his 21st birthday.

"In today's era, young dudes are getting better and more prepared to come up to the big leagues," said Orioles teammate Adam Jones, an all-star himself. "It's just an improvement in the game. These young dudes are phenoms, and he's put his name up there."

Machado was voted in by players, a significant sign of respect from his peers.

He certainly deserved it at the power-packed third-base position after hitting 39

Swinging like an all-star

Yoenis Cespedes won baseball's home run derby Monday night, becoming the first player left out of the All-Star Game to take home the crown.

- The Oakland Athletics slugger beat Bryce Harper 9-8 in the final round Monday night at Citi Field.

doubles in the first half, threatening the single-season record of 67 set by Earl Webb in 1931.

THE ASSOCIATED PRESS

MLB. Mets' Harvey to get all-star start at home field

Mets ace Matt Harvey will start Tuesday night's All-Star Game on his home mound at New York's Citi Field, and the Detroit Tigers' Max Scherzer will open for the American League.

Harvey will be the first pitcher from the host team to start an All-Star Game since Houston's Roger Clemens in 2004, and just the 11th overall.

The 24-year-old also becomes the youngest all-star starting pitcher since the Mets' Dwight Gooden in 1988, when he was 23. THE ASSOCIATED PRESS



Mets pitcher Matt Harvey will start the All-Star Game on Tuesday night at CitiField in New York. GETTY IMAGES

Supplements seized

Italian police raid sprinters' rooms

Italian police raided the hotel where Jamaican sprinters Asafa Powell and Sherone Simpson and a Canadian trainer were staying Monday after the two athletes tested positive for banned stimulants. Rooms of the athletes and physical trainer Christopher Xuereb were searched and drugs and muscle supplements were seized, Udine police captain Antonio Pisapia told The Associated Press.

THE ASSOCIATED PRESS

NBA. World Peace's career to continue at home in N.Y.

Metta World Peace is coming home to play for the New York Knicks.

The Knicks said the contract has not been signed but an agreement has been reached.

"The team is amazing, the players. I'm excited to play and hustle," World Peace said Monday.

"Yes, this is going to happen," World Peace's agent, Marc Cornstein, said. "He's really excited to be joining his hometown team."

THE ASSOCIATED PRESS



Metta World Peace GETTY IMAGES

4 SPORTS

Moore returns to NHL with wife in his heart

Back from hiatus.

Thornhill native hopes to re-establish hockey career after his wife died from a rare form of liver cancer

When Dominic Moore took a year away from the NHL, he did so with little to no fanfare.

Moore's wife, Katie, was diagnosed with a rare form of liver cancer in April 2012 and died Jan. 7, 2013, at the age of 32. The lockout had just ended, and his mind wasn't on hockey.

There was no formal announcement, just the eventual realization that the free-agent centre wouldn't be playing.

"It was a very difficult decision to decide to take some time away from the game," he said in an interview last week.



Dominic Moore is returning to the NHL after he spent last season mourning the death of his wife, Katie. THE ASSOCIATED PRESS FILE

"At the same time it was the right decision. I didn't want to do anything where I wasn't going to be able to give it my full attention or focus."

Fast-forward six months and Moore is ready to resume his career after signing a one-

year, \$1-million US deal with the New York Rangers. Moore hopes he can re-establish himself as an NHL regular and also use that stage to promote the Katie Moore Foundation and other charitable efforts.

"I think Dom is a 100 per

center. If he does something, he's 100 per cent committed. I don't think he would've been 100 per cent committed to playing hockey at that time," former Tampa Bay Lightning teammate and friend Marty St. Louis said in an interview Monday. "I'm so glad that he's back playing next year."

Moore is hosting the second Smashfest Charity Ping-Pong Challenge on July 25 in Toronto to raise money for the Katie Moore Foundation and some brain-injury and concussion-research groups. Martin St. Louis, Logan Couture, Joel Ward, George Parros and David Clarkson are among the current players set to take part.

"The support through the hockey world is great," Moore said. "Situations like this come up, you see how people come together to support each other, and I'm grateful for that." THE CANADIAN PRESS

Golf

Repeating as British Open champ a tall task for the Big Easy

Two dozen cameras were in position Monday morning to capture the first big moment of this British Open, only they weren't anywhere near the golf course. They waited in the driveway as a silver station wagon pulled through the gate and stopped in front of the clubhouse at Muirfield.

Ernie Els climbed out of the back seat holding the shiny claret jug he won last year at Royal Lytham & St. Annes, and he promptly handed it over to Royal & Ancient chief executive Peter Dawson.

"Thank you," Dawson told him. "You've been a great champion."

Now it's up to the 43-year-old South African to reclaim the silver prize, and that doesn't figure to be easy.

Els won last month in Germany. He won the last time the Open was played at Muirfield in 2002. He has more top 10s in the British Open than any other major.



Ernie Els

STUART FRANKLIN/GETTY IMAGES

But he has this piece of history working against him — the last major champion in his 40s to successfully defend his title was Old Tom Morris, and that was 151 years ago.

The Big Easy is not a betting man, but he was asked to pick someone to wager a pound on at Muirfield.

"I'd have to look at the odds, wouldn't I?" he said, trying to buy time. "Maybe a long shot. I like to go for the long shots."

Prior to his triumph last year, Els was winless on a major tour in two years, failed to qualify for the Masters for the first time in nearly two decades and was No. 40 in the world.

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Distribution Assistant (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data

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- Familiar with the City of Edmonton
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than July 17, 2013. PLEASE QUOTE: "Distribution Assistant (Part Time) - Edmonton" in the subject line. All submissions will be treated as confidential.

metro

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	58	39	.598	—
Tampa Bay	55	41	.573	2½
Baltimore	53	43	.552	4½
New York	51	44	.537	6
Toronto	45	49	.479	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	42	.553	—
Cleveland	51	44	.537	1½
Kansas City	43	49	.467	8
Minnesota	39	53	.424	12
Chicago	37	55	.402	14

WEST DIVISION

	W	L	Pct	GB
Oakland	56	39	.589	—
Texas	54	41	.568	2
Los Angeles	44	49	.473	11
Seattle	43	52	.453	13
Houston	33	61	.351	22½

Monday's result

No games scheduled — Home Run Derby

Tuesday's game — All Times Eastern

All-Star Game at New York (Mets), 8 p.m.

GOLF

MEN'S WORLD RANKINGS

1. Tiger Woods	12.37
2. Rory McIlroy	8.79
3. Justin Rose	7.82
4. Adam Scott	7.07
5. Phil Mickelson	6.68
6. Matt Kuchar	6.47
7. Graeme McDowell	6.12
8. Brandt Snedeker	5.93
9. Luke Donald	5.68
10. Steve Stricker	4.96
11. Louis Oosthuizen	4.96
12. Lee Westwood	4.70
13. Ernie Els	4.69
14. Charl Schwartzel	4.67
15. Sergio Garcia	4.67
16. Bubba Watson	4.45
17. Jason Day	4.42
18. Keegan Bradley	4.42
19. Webb Simpson	4.23
20. Ian Poulter	4.17
21. Jason Dufner	4.06
22. Bill Haas	4.01
23. Hunter Mahan	3.96
24. Dustin Johnson	3.88
25. Matteo Manassero	3.42
Also:	
65. Graham Delaet	2.14

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	54	41	.568	—
Washington	48	47	.505	6
Philadelphia	48	48	.500	6½
New York	41	50	.451	11
Miami	35	58	.376	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	57	36	.613	—
Pittsburgh	56	37	.602	1
Cincinnati	53	42	.558	5
Chicago	42	51	.452	15
Milwaukee	38	56	.404	19½

WEST DIVISION

	W	L	Pct	GB
Arizona	50	45	.526	—
Los Angeles	47	47	.500	2½
Colorado	46	50	.479	4½
San Francisco	43	51	.457	6½
San Diego	42	54	.438	8½

Monday's result

No games scheduled — Home Run Derby

Tuesday's game — All Times Eastern

All-Star Game at New York (Mets), 8 p.m.

TENNIS

ATP SINGLES RANKINGS

1. Novak Djokovic, Serbia, 12310
2. Andy Murray, Britain, 9360
3. David Ferrer, Spain, 7120
4. Rafael Nadal, Spain, 6860
5. Roger Federer, Switzerland, 5785
6. Tomas Berdych, Czech Republic, 4865
7. Juan Martin del Potro, Argentina, 4500
8. Jo-Wilfried Tsonga, France, 3480
9. Richard Gasquet, France, 3045
10. Stanislas Wawrinka, Switzerland, 2915
Also:
13. Milos Raonic, Canada, 2225

WTA SINGLES RANKINGS

1. Serena Williams, United States, 11650
2. Maria Sharapova, Russia, 9235
3. Victoria Azarenka, Belarus, 8825
4. Agnieszka Radwanska, Poland, 5965
5. Li Na, China, 5555
6. Sara Errani, Italy, 5100
7. Marion Bartoli, France, 4625
8. Petra Kvitova, Czech Republic, 4435
9. Angelique Kerber, Germany, 3970
10. Caroline Wozniacki, Denmark, 3660

CFL

WEEK 4

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	3	1	2	0	83	97	2
Montreal	3	1	2	0	63	74	2
Winnipeg	3	1	2	0	72	74	2
Hamilton	3	1	2	0	79	89	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	3	3	0	0	114	67	6
Calgary	3	2	1	0	87	82	4
B.C.	3	2	1	0	73	63	4
Edmonton	3	1	2	0	51	76	2

Friday's game — All Times Eastern

Toronto at Winnipeg, 8 p.m.

Saturday's games

Montreal at Calgary, 7 p.m.

Edmonton at B.C., 10 p.m.

Sunday's game

Hamilton at Saskatchewan, 7 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	9	5	6	29	19	33
Montreal	9	5	4	31	29	31
New York	9	7	4	29	24	31
Philadelphia	8	6	6	32	30	30
Houston	8	6	5	22	19	29
New England	6	6	6	22	16	24
Columbus	6	8	5	23	23	23
Chicago	6	9	3	20	28	21
Toronto FC	2	9	7	17	27	13
D.C. United	2	13	4	8	29	10

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	11	5	4	32	18	37
Portland	8	2	9	30	18	33
Vancouver	9	5	5	32	26	32
FC Dallas	8	5	7	27	27	31
Los Angeles	9	8	3	30	24	30
Colorado	7	7	6	23	22	27
Seattle	7	7	3	21	20	24
San Jose	6	9	6	21	32	24
Chivas USA	3	11	5	17	35	14

Sunday's result

Vancouver 3 Chicago 1

Wednesday's games — All Times Eastern

New England at Colorado, 7 p.m.

Toronto FC at Chivas USA, 10:30 p.m.

Saturday's games

New York at Toronto FC, 4 p.m.

Colorado at Seattle, 4 p.m.

FC Dallas at Montreal, 7 p.m.

Portland at Philadelphia, 7:30 p.m.

New England at Columbus, 7:30 p.m.

D.C. at Chicago, 8:30 p.m.

Kansas City at Real Salt Lake, 10 p.m.

Vancouver at Los Angeles, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

Taurus

April 21 - May 21

By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

Gemini

May 22 - June 21

You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

Cancer

June 22 - July 23

This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

Leo

July 24 - Aug. 23

You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

Virgo

Aug. 24 - Sept. 23

If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you should consider getting involved. Make the world a better place.

Libra

Sept. 24 - Oct. 23

Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

Scorpio

Oct. 24 - Nov. 22

If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

Sagittarius

Nov. 23 - Dec. 21

Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

Capricorn

Dec. 22 - Jan. 20

The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

Aquarius

Jan. 21 - Feb. 19

Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

Pisces

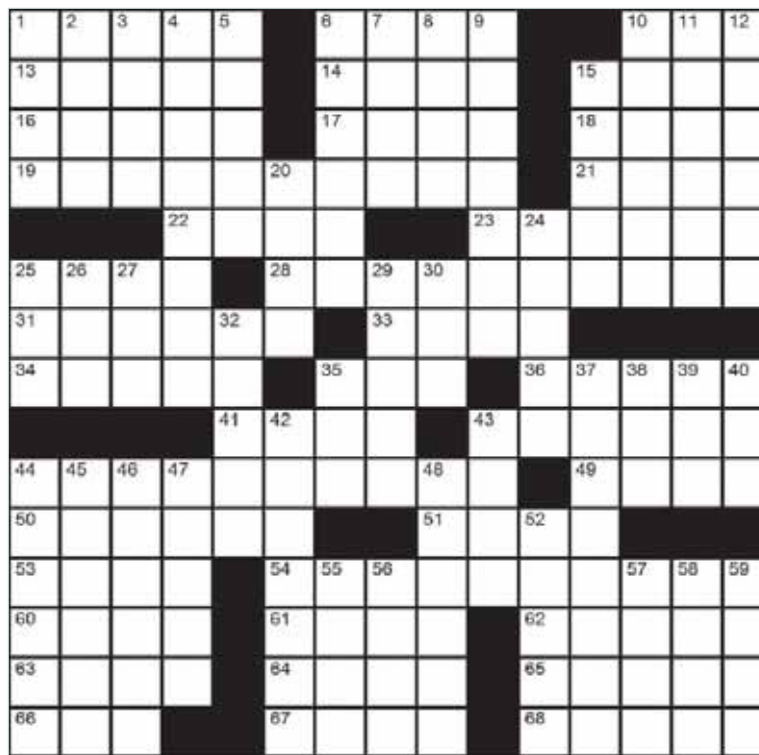
Feb. 20 - March 20

You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Ex-Pres. Bill Clinton's nickname
- Entr___ (Theatrical interlude)
- Looney Tunes 'Devil', cutely
- "It's ___ to you now."
- Mr. Griffin
- London, England's ___ Park
- Summery drink
- Eurythmics' "Would ___ to You?"
- Take down ___ (Humble): 2 wds.
- Prime Minister's country retreat, ___ Lake
- 'T' in TV
- Prefix with 'logical'
- Neet user's temporary result: 2 wds.
- Thunderstruck
- Navigation instruments of yore
- Profession
- Bob Hope book, ___ Russia \$1200
- Gawk
- Fitting
- Pacific ___
- Party inviter's request [acronym]
- Neat ___ (Tidy)
- Blake Lively TV series: 2 wds.
- Marcel Marceau's job title
- "The Talented Mr. ___" (1999)
- Each: 2 wds.



- Mixed collection
- Children's book by Mordecai Richler, Jacob Two-Two Meets the ___
- Hue
- Mythical Hun king
- Ms. Carter of "Designing Women"

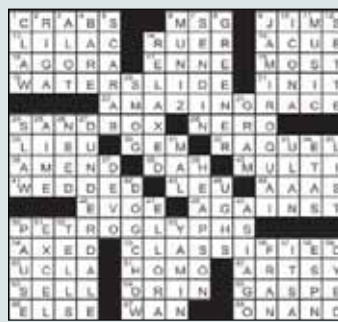
- Pegs on the green
- Warren Beatty/Diane Keaton movie
- Mr. Estrada's
- Alternatives
- Dine-and-___
- Machine button, perhaps
- Down

- Shindig
- Uma Thurman's character in "The Producers" (2005)
- Brit-pop group
- Certain commuter; or, The Guess Who song: 2 wds.
- Greenfly, for one

- Martin Short comedy, "Three ___!" (1986)
- Gael, for one
- Bee Gees, for one
- Barry Manilow hit: 2 wds.
- Rare blood, ___
- Antarctica

- penguin
- Canadian actor Kevin who played Damian Daalgard on #44-Across
- Type of yoga
- At hand
- Margarines
- House temp. coolers
- Temple in Cambodia, Angkor ___
- Time
- Ms. Hedren, Melanie Griffith's actress mom
- Decompose
- Uncanny
- Dow Jones Ind. ___
- Ghost stories telling spot
- Prefix to 'centre'
- Purpose
- Opposite SSW
- 1996 Leslie Nielsen comedy: 2 wds.
- Mont Blanc, par exemple
- Cave
- More greasy
- Backs
- Casino games
- Salad ingredient
- Stranger
- Cup ___ (Hot drink, informally)
- Alberta town
- Foe of the Allies in World War II
- Adidas competition
- Liza Minnelli's ex-husband David

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 21°
MIN: 11°

WEDNESDAY



MAX: 25°
MIN: 12°

THURSDAY



MAX: 30°
MIN: 14°



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